

Colorful Health Salad

Recipe By *Nitra Ladies Auxiliary*



Cooking and Prep:  10
m

Serves:  4

No Allergens

Preference: Parve

Diet: Vegetarian, Vegan,
Paleo, Pescetarian, Gluten
Free, Low Carb

Source: The Heimishe
Kitchen (Nitra Cookbook)

Ingredients (12)

Salad

- 4 cups green cabbage, chopped
- 2 cups broccoli florets
- 2 cups cauliflower florets
- 2 cups carrots, sliced
- 1 cup button mushrooms

1 red pepper, cut in strips

1 cup shredded purple cabbage

Marinade

1/4 cup vinegar

1/2 cup lemon juice

1 teaspoon salt

1/2 cup **Gefen Olive Oil**

1/2 cup sugar

Start Cooking

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1. Combine vegetables in a large bowl and set aside.
2. Mix marinade ingredients well and pour over salad.

Credits

Photography and styling by Peri Photography